

# Health Report Card



## Healthy Highlights

### Overview

The 2015 Colorado Health Report Card, now in its ninth year of showing how Colorado stacks up nationally on 38 health indicators, reveals encouraging progress in the quest to become a “straight-A” state.

But the Health Report Card data also reveal stark socio-economic disparities that are making it tough for many of the state’s most vulnerable residents to make the grade, health-wise.

This latest Health Report Card shows that the state’s seniors earned the top health grade, inching up to an A- from last year’s B+. Adults also did a bit better, climbing from a B to a B+. Teens stayed the same at a B. But Colorado’s babies and children both earned C’s – the same as last year. This presents a clear challenge for Colorado to work on helping our youngest begin with a strong start for lifelong health.

### Healthy Beginnings

Grade: **C** Rank: **24**

Last Report Card: C/24

### Healthy Children

Grade: **C** Rank: **24**

Last Report Card: C/25

### Healthy Adolescents

Grade: **B** Rank: **16**

Last Report Card: B/15

### Healthy Adults

Grade: **B+** Rank: **13**

Last Report Card: B/15

### Healthy Aging

Grade: **A-** Rank: **10**

Last Report Card: B+/12

Reflects Colorado’s standing among all states. A rank of 1 is the best.

### Healthy Beginnings

Early childhood is a time of substantial physical and mental development that significantly impact a child’s health over a lifetime. Without a healthy start, Colorado’s children may face unnecessary health-related issues.

Colorado ranks 40th for low birth weight babies. And the ranking for childhood immunizations fell 12 places, from 18th to 30th, with 69.2 percent of preschool-age children receiving all recommended doses of six key vaccinations in 2013.



**Immunization Rates Falling for Toddlers**

2011  
**75.8%**



2013  
**69.2%**

### Healthy Children

Colorado’s children showed no improvement from last year’s report card. Despite a steady decline in the percentage of uninsured kids, the state still ranks 37th nationally. Colorado also ranks 35th for the percentage of children with a medical home and 29th for the percentage receiving preventive dental care, suggesting opportunities for improvement.

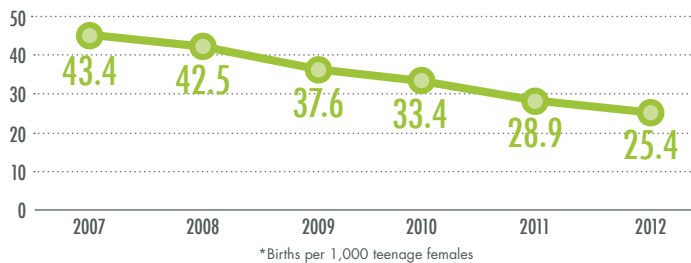
**Only 2 of 3** 

**kids between the ages of six and 17** exercise at least 20 minutes four times a week, nowhere near the recommended hour-a-day of exercise for all kids.

## Healthy Adolescents

Colorado's teen birth rate has plummeted since 2007, falling to 25.4 births per 1,000 girls between the ages of 15 and 17 from 43.4 births per 1,000 girls. Colorado's teens have the lowest rate who say they are sexually active. But they post far lower rankings when it comes to healthy eating. And many struggle with their mental health. In 2013, nearly one of four said they felt so sad for two consecutive weeks in the past year that they stopped their usual activities.

Teen birth rates declined between 2007 and 2012\*



## Healthy Adults

Moving up to a B+ reflected small improvements for adults, including better rankings in medical homes, physical activity and mental health. Colorado adults are No. 1 in the nation on three important health indicators – physical activity, obesity and diabetes – and rank second for hypertension.



## Healthy Aging

Colorado's seniors are at the head of the class, a good thing considering that the state's 65-and-older population is expected to more than triple to 1.5 million by 2040. The state's older adults do well when it comes to staying active. They rank second in physical activity, with more than three of four seniors saying they exercise. Colorado's low rate of activity limitations – physical or mental health conditions that inhibit activity – ranks fifth, up from 17th a year earlier.

## Health Disparities

*The Health Report Card reveals inequities when it comes to health for racial and ethnic minorities and lower-income Coloradans.*

Seniors with incomes below \$10,000 per year, for example, are more than three times more likely to report poor physical health than seniors with incomes above \$75,000 a year. And while Colorado's adults have the nation's lowest obesity rate at 21.9 percent, adults with the lowest annual incomes have an obesity rate of 29.2 percent, more than seven percentage points higher than the state average. And Hispanic children between 10 and 17 have an obesity rate of 15.5 percent, nearly double the 8.7 percent rate of white children.

## Best in Show

Coloradans scored best in the nation in four areas. One of four teens said they are sexually active, the lowest rate. Adults had three No. 1s: Highest rate of physical activity, lowest rate of obesity and lowest percentage diagnosed with diabetes.



## THE 2015 COLORADO Health Report Card

Join the Conversation:



Detailed Data:

[www.ColoradoHealth.org/ReportCard](http://www.ColoradoHealth.org/ReportCard)